



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Full Report (All Nutrients) 01078, Milk, producer, fluid, 3.7% milkfat

Report Date: July 05, 2017 03:34 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.38

| Nutrient                       | Unit | 1<br>Value<br>Per100 g | Data<br>points | Std. Error | 1 cup<br>244g | 1 quart<br>976g |
|--------------------------------|------|------------------------|----------------|------------|---------------|-----------------|
| <strong>Proximates</strong>    |      |                        |                |            |               |                 |
| Water                          | g    | 87.69                  | --             | --         | 213.96        | 855.85          |
| Energy                         | kcal | 64                     | --             | --         | 156           | 625             |
| Energy                         | kJ   | 268                    | --             | --         | 654           | 2616            |
| Protein                        | g    | 3.28                   | --             | --         | 8.00          | 32.01           |
| Total lipid (fat)              | g    | 3.66                   | --             | --         | 8.93          | 35.72           |
| Ash                            | g    | 0.72                   | --             | --         | 1.76          | 7.03            |
| Carbohydrate, by difference    | g    | 4.65                   | --             | --         | 11.35         | 45.38           |
| Fiber, total dietary           | g    | 0.0                    | --             | --         | 0.0           | 0.0             |
| <strong>Minerals</strong>      |      |                        |                |            |               |                 |
| Calcium, Ca                    | mg   | 119                    | --             | --         | 290           | 1161            |
| Iron, Fe                       | mg   | 0.05                   | --             | --         | 0.12          | 0.49            |
| Magnesium, Mg                  | mg   | 13                     | --             | --         | 32            | 127             |
| Phosphorus, P                  | mg   | 93                     | --             | --         | 227           | 908             |
| Potassium, K                   | mg   | 151                    | --             | --         | 368           | 1474            |
| Sodium, Na                     | mg   | 49                     | --             | --         | 120           | 478             |
| Zinc, Zn                       | mg   | 0.38                   | --             | --         | 0.93          | 3.71            |
| Copper, Cu                     | mg   | 0.010                  | --             | --         | 0.024         | 0.098           |
| Manganese, Mn                  | mg   | 0.004                  | --             | --         | 0.010         | 0.039           |
| Selenium, Se                   | µg   | 2.0                    | --             | --         | 4.9           | 19.5            |
| <strong>Vitamins</strong>      |      |                        |                |            |               |                 |
| Vitamin C, total ascorbic acid | mg   | 1.5                    | --             | --         | 3.7           | 14.6            |
| Thiamin                        | mg   | 0.038                  | --             | --         | 0.093         | 0.371           |

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|------------------------------------|------|------------------------|----------------|------------|---------------|-----------------|
| Riboflavin                         | mg   | 0.161                  | --             | --         | 0.393         | 1.571           |
| Niacin                             | mg   | 0.084                  | --             | --         | 0.205         | 0.820           |
| Pantothenic acid                   | mg   | 0.313                  | --             | --         | 0.764         | 3.055           |
| Vitamin B-6                        | mg   | 0.042                  | --             | --         | 0.102         | 0.410           |
| Folate, total                      | µg   | 5                      | --             | --         | 12            | 49              |
| Folic acid                         | µg   | 0                      | --             | --         | 0             | 0               |
| Folate, food                       | µg   | 5                      | --             | --         | 12            | 49              |
| Folate, DFE                        | µg   | 5                      | --             | --         | 12            | 49              |
| Vitamin B-12                       | µg   | 0.36                   | --             | --         | 0.88          | 3.51            |
| Vitamin A, RAE                     | µg   | 33                     | --             | --         | 81            | 322             |
| Retinol                            | µg   | 31                     | --             | --         | 76            | 303             |
| Vitamin A, IU                      | IU   | 138                    | --             | --         | 337           | 1347            |
| <b>Lipids</b>                      |      |                        |                |            |               |                 |
| Fatty acids, total saturated       | g    | 2.278                  | --             | --         | 5.558         | 22.233          |
| 4:0                                | g    | 0.119                  | 52             | --         | 0.290         | 1.161           |
| 6:0                                | g    | 0.070                  | 68             | --         | 0.171         | 0.683           |
| 8:0                                | g    | 0.041                  | 89             | --         | 0.100         | 0.400           |
| 10:0                               | g    | 0.092                  | 89             | --         | 0.224         | 0.898           |
| 12:0                               | g    | 0.103                  | 89             | --         | 0.251         | 1.005           |
| 14:0                               | g    | 0.368                  | 88             | --         | 0.898         | 3.592           |
| 16:0                               | g    | 0.963                  | 88             | --         | 2.350         | 9.399           |
| 18:0                               | g    | 0.444                  | 88             | --         | 1.083         | 4.333           |
| Fatty acids, total monounsaturated | g    | 1.057                  | --             | --         | 2.579         | 10.316          |
| 16:1 undifferentiated              | g    | 0.082                  | 71             | --         | 0.200         | 0.800           |
| 18:1 undifferentiated              | g    | 0.921                  | 78             | --         | 2.247         | 8.989           |
| 20:1                               | g    | 0.000                  | --             | --         | 0.000         | 0.000           |
| 22:1 undifferentiated              | g    | 0.000                  | --             | --         | 0.000         | 0.000           |
| Fatty acids, total polyunsaturated | g    | 0.136                  | --             | --         | 0.332         | 1.327           |
| 18:2 undifferentiated              | g    | 0.083                  | 74             | --         | 0.203         | 0.810           |
| 18:3 undifferentiated              | g    | 0.053                  | 65             | --         | 0.129         | 0.517           |
| 18:4                               | g    | 0.000                  | --             | --         | 0.000         | 0.000           |
| 20:4 undifferentiated              | g    | 0.000                  | --             | --         | 0.000         | 0.000           |
| 20:5 n-3 (EPA)                     | g    | 0.000                  | --             | --         | 0.000         | 0.000           |

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|--------------------|------|------------------------|----------------|------------|---------------|-----------------|
| 22:5 n-3 (DPA)     | g    | 0.000                  | --             | --         | 0.000         | 0.000           |
| 22:6 n-3 (DHA)     | g    | 0.000                  | --             | --         | 0.000         | 0.000           |
| Cholesterol        | mg   | 14                     | --             | --         | 34            | 137             |
| Phytosterols       | mg   | 0                      | --             | --         | 0             | 0               |
| <b>Amino Acids</b> |      |                        |                |            |               |                 |
| Tryptophan         | g    | 0.046                  | --             | --         | 0.112         | 0.449           |
| Threonine          | g    | 0.148                  | --             | --         | 0.361         | 1.444           |
| Isoleucine         | g    | 0.198                  | --             | --         | 0.483         | 1.932           |
| Leucine            | g    | 0.321                  | --             | --         | 0.783         | 3.133           |
| Lysine             | g    | 0.260                  | --             | --         | 0.634         | 2.538           |
| Methionine         | g    | 0.082                  | --             | --         | 0.200         | 0.800           |
| Cystine            | g    | 0.030                  | --             | --         | 0.073         | 0.293           |
| Phenylalanine      | g    | 0.158                  | --             | --         | 0.386         | 1.542           |
| Tyrosine           | g    | 0.158                  | --             | --         | 0.386         | 1.542           |
| Valine             | g    | 0.220                  | --             | --         | 0.537         | 2.147           |
| Arginine           | g    | 0.119                  | --             | --         | 0.290         | 1.161           |
| Histidine          | g    | 0.089                  | --             | --         | 0.217         | 0.869           |
| Alanine            | g    | 0.113                  | --             | --         | 0.276         | 1.103           |
| Aspartic acid      | g    | 0.249                  | --             | --         | 0.608         | 2.430           |
| Glutamic acid      | g    | 0.687                  | --             | --         | 1.676         | 6.705           |
| Glycine            | g    | 0.069                  | --             | --         | 0.168         | 0.673           |
| Proline            | g    | 0.318                  | --             | --         | 0.776         | 3.104           |
| Serine             | g    | 0.178                  | --             | --         | 0.434         | 1.737           |
| <b>Other</b>       |      |                        |                |            |               |                 |
| Alcohol, ethyl     | g    | 0.0                    | --             | --         | 0.0           | 0.0             |